ST. ALBANS, VT., FRIDAY, JUNE 3, 1864.

PUBLISHED EVERY PRIDAY By HENRY A. CUTLER. TERMS OF SUBSCRIPTION :

to these receiving the paper through the Post-ec. \$1.75 per annum. To Village subscribers come the paper by the carrier, 50 cents in tion will be charged. Fifty Cents a year will be added when payment ayed beyond six menths.

No paper discontinued until all arrearages are id, except at the option of the Publisher. BATES OF ADVERTISING :

TRANSPORT ADVERTISEMENTS.—Per square of 12 TRANSPORT ADVERTISEMENTS.—Per square of 12 TRANSPORT ADVERTISE THE PROPERTY OF THE TRANSPORT OF THE NUMBER OF THE PROPERTY OF THE P

ADVERTMENESTS BY THE YEAR, with the priviof changing, as follows:

of contraction of less than one-quarte on \$5.00 per square will be charged.

Selected Poetry.

CHOICE POETRY.

ADDRESSED TO A DISTANT PRIEND. My soil the secret image keeps,
My midnight dreams are all of thee i
For nature then in silence sleeps,
And silence broods o'er land and sea;
Oh, in that still, mysterious hour,
Bos off from waking dreams I start,
To find these but a fancy flower,
Those cherished ido! of my heart;
Those hast each thought and dream of mine
Have I in turn/one thought of thine?

Forever thine my dreams shall be,
Whate'er may be my fortunes here;
I ask not love—I claim from thee
Only one been—a gentle teat;
May o'er blest visions from above,
Play gently round thy happy heart,
And the sweet dreams of peace and love
Ne'er from thy heart depart.
Farowell my dreams are still of thee—
Hast thou one tender thought of me?

My love like semanter birds may fly, My loys like summer birds may fly.

My hopes, like summer bisoms depart,
But there's one flower that cannot die.
The holy memory in my heart.
No done that one flower's cup may fill,
No suming it to its leaves be given,
But it will live and flourish still,
As deathless as the thing of heaven;
My soid greets thine, unasked, unsenght,
like the for me one could though? Hast thou for me one gentle thought?

Farewell ! farewell ! my far off friend! Between us, broad tilue rivers flow,
And forests wave and plains extend,
And invanitains in the sundight glow,
The wind that breathes upon thy brow,
Is not the wind that breathes on mine;
The star beams shining on thee new,
Are not the beams that on me shine; Dut memory's spell is with me yet-cans't then the holy past forget?

The latter tears that then and I May shed whenever by anguish bowed. Easted in the mountide sky. May meet and mingle in the cloud; And thus, my much levest friend, though we Far, far spart, must live and move, our wolls when Gost shall set them free, Can mingle in the world of love?

Selected Miscellann.

THE ART OF CONVERSATION

ease is fully equal to all the advanta- speaking of expenditures as trifles, assured, anywhere.

ATTENTION IN CONVERSATION. The best talkers are the best listen-18," is an axiom which has been reseated, in one form or the other, in very cultivated language. "The duty of paying attention to what other peole say is a fundamental law of the sotal code." You may be able to stare with your eloquence-but all this vill not save you from being frequenty a positive annoyance, unless you have occasionally what Sydney Smith desired in a loquacious gentleman—a few flashes of silence.

AS TO PERSONAL APPEARANCE.

should be nothing to distract the eye of articles belonging to others—a thing or divert the attention from the ex- which should be done as seldom as pression of the countenance, or from possible, and always with an apology the words of the person conversing.

—or, at least, with that straight-forThe slightest neglect of cleanliness is

wardness which in some persons speaks quite enough, with the majority of re- of itself a pressing reason, devoid of all fined people, to mingle a feeling of dis- idle curiosity. gust with the most favorable impressions, even though they may be quite unconscious of the source of the disarawbacks. People of experience in

VERMONT TRANSCRIPT, matter of some importance that the weak minded should be promptly entirely neutralized on the fatal sober and much exertion to follow the above his burden (of privation) entitles him which brings on very fatal disease;

habit of merry boasting, or of humer-

cesses, or to anything on which you tion. may be supposed to congratulate your- Still more vain and vulgar is the self. If possible, avoid recurring often use of such expressions as "H'm!" to trains of thought and associations "Phshaw!" "Much you know about it! connected with your "strong points," "Stuff!" and "Fiddlesticks!" These since most people, and especially wom- expressions, and others like them, of a en, are very apt at detecting vanity. strongly dissentient nature, should Do not, however, as some do, scrupu- never be uttered by any one, under lonsly avoid all mention whatever of any circumstances whatever. They are your experiences and fortunes. 'There all rude, as is indeed every word and are men who carry this to an absurd every emphasis which directly expressdegree of affection, and abstain from es demal of any assertion. or what they have seen, or of which The basis of all true politeness is how much a man owes, by paying a which pleases him or any portion of the the slightest reference to their travels, they were a part. This is only vanity kindness. All politeness should be small sum to certain high officials, he is forever freed from his obligations to est folks" expect from a traveller, or stantly strive to reason away your pre- others! There might be a case, once any other who has achieved what is to judices against people, you will become in a great while, when such a law them at least a celebrity, some enter-taining anecdotes which they them-little foundation. A large portion of tor, but such cases are very rare. This selves may cite. Such excellent souls them spring from idle gossip, from law is productive of good only when it fancied slights, or from trials of our enables an honest man to commence reserve than an Arab would similar temper which we could very easily for- business anew, and go on until he has modesty in a hadji from Mecca give, were it really our interest to do made money enough to pay all his old Whenever you can appropriately and so. modestly draw upon your experience But it is always our interest to keep an opportunity it gives to dishonest

cellent standard for ascertaining the real social position and character of many who are well guarded against There is no social art in which it is detection in other respects. It is an insidious fault, and one full of temptation of the paid into your personal insidious fault, and one full of temptation in the paid into your personal insidious fault, and one full of temptations are insidious fault. conversation. The man or woman who tions in circles where money-getting is appearance devoid of eccentricity, and instead of being paid out of it. Interan fulfil all the conditions of talking the chief occupation. It displays itself if you have learned to avoid making the chief occupation. rell, has at command a means of suc- in the affectation of forgotting what yourself "conspicuous," there is no

claring that you are "poor as Job." to say and do kindly things in a cheer-When you are yourself well off, such a style of reference to others, especially | Exercise your attention and your before those who are not so prosperous, thoughts when in company. If you is truly contemptible, even when no find that bashfulness and embarrass-"hints" are intended, and no offence is ment without cause occasionally afflict given. This form of vanity is also seen you in society, banish them by finding in the habitual endeavor to create the sometning to do or say forthwith. Do impression that one's mind at least is not stop to argue with yourself, but familiar with luxury. Such people talk act promptly. Ask for an introduction of nothing but gems and divans, Tokay to any body, and talk of the weather or and costly steeds, sables and three-pile the walking, or the rooms, or any trivelvet. Others roll over with a relish fles, till something better suggests itthe names of the millionaires of the self. The first step in politeness is to day, and will mention with pride the make such efforts, and they are a duty. In a well-known French work on having been in company with some In society you owe them to your host conversation, the first three chapters great Shylock's agent, as though there or hostess, who does not of course like are devoted to the teeth, the mouth, were something gilding in the very to see a gloomy or embarrassed guest. and the tongue. To those who would neighborhood of a man who deals in And you owe them at all times, in all not, however, be amiss that, as regards to increase figures when speaking of liteness. ersonal appearance, there should be sums. There are men who, in narrateither striking defects nor effects, ing an anecdote of a wager, never place Not only should the teeth, as the French the sum at less than "ten thousand dolwriter suggests, be scrupulously neat, lars;" and like them are the women and with them the minutest details of whose friend's diamonds are always all men did their utmost to keep clear the entire person but the said to be worth "thirty thousand" of debt! How much less of bad feelthe entire person, but the hair and said to be worth "thirty thousand." lress should be within the average The same vanity is displayed in volunlimits of the fashion of the day. The teering to tell the price of every article

TALKING ABOUT ONE'S SELF.

Avoid very frequent conversation on to pay them. There is also another an immense extent, that is saying that any subject in which you are notoriclass who would like to pay their debts, greeable feeling—for such defects often open to be to open to us, we know not why, a long cialty in politics, religion, or any other energy and perseverance to shake off putting your feet in the mire. in of offensive associations. Neat direction, it will be often enough rethe load with which they have allowed toilets and good clothes are to be commended, since they are in a certain ducing it. If you are physically strong there is not much hope for those who St. Helena, was once walking with a load when a man came up with a load ducing it. If you are physically strong there is not much hope for those who or handsome, or accomplished in any are already over "head and ears" in lady, when a man came up with a load you associate. But for a load with whom or handsome, or accomplished in any are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you are already over "head and ears" in lady, when a man came up with a load you have been a load you have been

Self is our most insidious foe, and he who boasts in fun will soon find carnest thoughts gliding into the current of his jests. In short avoid everything which may suggest, however remotely, to those with whom you converse, the suspicion that you think of the effect you produce.

Do not in conversation refer too frequently to scenes in which you have figured; to great people whom you have known; to your travels, your sue.

Do not in conversation refer too frequently to scenes in which you have figured; to great people whom you have known; to your travels, your sue. Self is our most insidious foe, and he pen to know all about it." It is intolhave known; to your travels, your sue- alent to a flat and insulting contradic-

POLITENESS.

assiduity is not less needed.

BEHAVIOR IN SOCIETY.

ess which, when directed by common some expensive article costs, and in reason why you should not be firm and more than the principal. Now this is

te personal attractions can draw the vulgar habit of never alluding to a self," and a little familiarity with the round her admirers, while the mere wealthy man without speaking of his world will soon teach you the absurdiriches, or to a respectable family in ty of timidity. Ease rapidly brings ual payment of interest money is what moderate circumstances, without de- grace, if any effort whatever be made

PAY YOUR DEBTS.

What a different world this would be if ing, anger, hatred, sin and misery should we see in the world if men reason for this is manifest—there in your possession, or in asking that would promptly pay what they owe There is a large class in the com-

munity, who, I am happy to say, do strive to keep square with the world, who are really honest in heart; and there is also another class who are not troubled at all if their debts are not so long as their erring brother is true. paid, indeed, they seem to be troubled a great deal if they are obliged Beware of a peculiar form of vanity who are just beginning in hie, who are burden, madain."

Beware of a peculiar form of vanity who are just beginning in hie, who are burden, madain."

which consists in making confidences free from debt—farmers, mechanics "respect the burden, madain."

matter of some importance that the weak minded should be promptly be weak minded should be promptly he weak minded should be promptly known whenever met, and we many therefore, regard the tendency as equivate, also the the provision of matter by which we are enabled to distinguish by which we are enabled to distinguish, and to the wise provision of matter by which we are enabled to distinguish, and the to the wise provision of matter by which we are enabled to distinguish, and the total control of the provision of matter by which we are enabled to distinguish, and the total control of the provision of many as ground to the decay from the baries of pleasanter temper and song. A lady and pleasanter temper and song. A lady are pleasanter temper and song would be romantic portion of the bowless and macaws from the baries of size of view of the conversation of a certain by which we have the conversation of the conversation of a certain by which we have the conversation of the conversatio

debt. How much more worthy of respect is the man who wears the coarsest cloth, drives a slow horse, and rides in an old wagon, which have all been paid for, and are his own, than the cloth, drives a splendid pair of horses, and rides in an elegant carriage, but who owes almost every man he meets on the street. Allow me here to express my abhorrence of a certain law disgrace to the community. It is creditors. On the other hand, what in politeness, it is quite as true that mouslaw, would have remained honest

and kept out of debt! 3 Make the determination that if If your language be good, your you have anything to do with interest added together, the sum amounted to a losing business with the debtor, unas afforded by birth and fortune com-when they were really matters of seri-oned. With it the woman of moder-ous consideration. It is betrayed in or mechanic cannot do. This continkeeps so many hard working men poor. They have not sufficient skill or energy to pay any of the principal, and so the interest money takes away all the profit of the farm or shop. But in ninety-nine cases out of a hundred, if they had started right at the commencement of business, they would not now be in

such a miserable condition. 4 If you want to acquire property, enjoy life, and at the same time be the ossessor of a clear conscience, be honest, industrious, and pay your debts. Perhaps you will not be able, at first, to live in as fine a style as some of your on the property of others.

not deceive me. I build on that con- that while loaded you had the whole fidence." They are right. It is a law- road. ful and just ground to build upon. a child into, so long as brave, open They can be tolerant and forbearing

RESPECT THE BURDEN.-Napoleon, at or handsome, or accomplished in any are already over "head and ears in any are already over "hea that attracts the eye, form serious rawbacks. People of experience in Beware of a peculiar form of vanity who are just beginning in life, who are gently waved her on one side saying brewd women, are prompt to form of your private affairs to many people, and others, who mean to live an honest, constantly see men and women behave and others, who mean to live an honest, to each other in a way which shows of dress, which are selden to the credtof the wearest and though the continuous and in binding every acquaintance to industrious life.

1. Set this down as a rule to which that they do not "respect the burden" solemn secresy as to this or that matto each other in a way which shows

this wise: You and I meet upon the road—our legal rights are exactly equal, and both have a right to go our equal, and both have a right to go our cut, A. D. 1859." North side—"Caplong hair, while the Puritansent trade." wards his right hand. The road a clear title to a passage on his right a right to obstruct another while on whatever the load or the team; for if one can drive such a team that another can pass him but with difficulty or not man who dresses in the finest broad- at all, then their rights are no longer equal. This point becomes very im- as follows: portant in winter, for it is no joke to turn your horse and all into the deep snow while your neighbor goes smoothly along in the beaten path. No one which is upon our statute book, and a has a right so to load the track to whoever demands it.

his right hand half the way and the team must yield it to him. This is clearly so in winter, and no man is obliged to step into the snow for one or two horses. This is the law and the Court awards it.

Now for the manners of the road; which in some instances, vary from the

The first requirment of road manners is good nature and an accommo- nia," by Hutchings: But it is always our interest to keep on the best terms with every one who it that opportunities will not be wanting.

Do not talk so as to display your wealth, or your habitual familiarity with it, or with rich people. This disgusting form of vanity is very common in the United States, and gives an extinct of the united states and an accommon on the best terms with every one who is not really bad or disreputable. To define the united states are in opportunity it gives to dishonest on the best terms with every one who is not really bad or disreputable. To define the united states and an accommon dating spirit. Do to others as you would have them do to you. Always be willing to yield more than half the same through chancery! How many thouses the will not be willing to yield more than half the space, then you will be pretty sure to suffer no opportunity it gives to dishonest them is spond nature and an accommon dating spirit. Do to others as you would have them do to you. Always be willing to yield more than half the space, then you will be pretty sure to sum, however incredible it may seem, on the 4th of July, thirty-two persons and times has this been done! And here of them the opportunity it gives to dishonest them the best terms with every one who dating spirit. Do to others as you would have them do to you. Always be will have will have under the dating spirit. Do to others as you would have them do to you. Always someth, sound and level. Upon this stamp, however incredible it may seem, on the 4th of July, thirty-two persons the equally well treated. They who extends the content of the proportunity it gives to dishonest them the dating spirit. Do to others as you would have them do to you. Always the sump, however incredible it may seem, be will have well and the sump. The sump is not really beautiful the proportion of the sump. The sum is not really beautiful the sum is not really gusting form of vanity is very common kindness of heart be the first requisite their creditors, who, but for this infa-load, consult his convenience as far as possible; you may sometime be loaded. It has become a practical rule of courtesy to turn out for wood and logs, and for other heavy teams in winter; for they say, "we often cannot turn out. and never safely, so, if you want wood, accommodate us," which we are very willing to do. But remember it was a favor, not your right, and you have a reciprocal duty to perform, one which, I am sorry to observe is not always borne in mind. When you have un loaded and are returning empty, just recollect that you had the whole road in the morning, and it is no more than fair that you should be particularly obliging to those whom you meet now, and give them their full share of the

One word in relation to teams going the same way; in which case many seem to think there is neither law or manners. When a team comes up behind you, which desires to proceed faster than you do, that team has a right to reasonable space and opportunity to pass in-in fact to half the road for that purpose—and your obstructing him in his lawful desire is both bad manners and bad law. If neighbors, but that is a mere trifle compared to being in debt, and living your load is heavy, do the best you can. In most cases the very least that can be asked is that you should stop. VERACITY.-The groundwork of all This is particularly so in winter, when manly character is veracity. That vir- it is a heavy tax on any team to force excel in the art, the suggestion may large sums. It is shown in a tendency places, to everybody, as a matter of posolid. How common it is to hear pa- essary by your continuing at a walk rents say, "I have faith in my child so long as he tells the truth. He may emptied wood sled applies here, and, have many faults, but I know he will if one wishes to pass you, remember

One remark more, to and for the la-And that is a benetiful confidence, dies. First, to them. If out walking, Whatever errors temptation may be tray keep in the path-never step into the snow or mud for any ordinary team. truth remains, there is something to If you meet the team, step into your depend upon, there is anchor-ground, right-hand track or part of the road there is substance at the centre. Men and all goes on easily. If the team of the world feel so about one another. comes up behind, step into your lefthand track; then, as sleighs are built, the horse goes in the other track, as If we do not believe what others say before. Whereas, if you continue in to us, we cannot act upon it; and, to your right-hand track the horse or the team must travel wholly in the deep snow in order to pass you, and the dertake to benefit a lying man, it is like driver will be tempted to scold his wife as proxy for the female sex generally.

I have this to say for the ladies—al-

ways turn out for them. They are entitled to the right-hand half, and will you run over them because, in their confusion at meeting one of the "lords of creation," they happen to take their half out of the wrong side? I close this somewhat lengthy dis-

serta ion with an appropriate aphor-ism: Wheel grease is a great lubricator, but good manners are vastly greater ones .- N. E. Farmer.

several ways without obstruction, so, tor of Crown Point, Commander of the properly, we say I own half and you for of Crown Point, Commander of the short, and were called "round heads." It has been calculated that by continhalf. The law steps in to facilitate of Carleton at Long Mill and the batmatters, and directs each to turn toof Stark in the victory at Bennington.' should be "worked" wide enough for South side—"Distinguished as a suctwo teams abreast, then each man has cossful defender of the New Hampshire Grants, and for Bravery, Sagacihand side of the way; and no one has ty, Energy and Humanity, as a partizan leader in the war of the Revoluhis own proper track. This is true tion." The remains of Col. Warner were originally deposited in a burying ground about one and a half miles southeast from the village. The in-

> "In memory of Col. Seth Warner, Esq., Who departed this life Dec. 26th, A. D. 1784, In the forty-second year of his age, Triumphant leader at our army's head, Whose martial glory struck a panic dread. Thy warlike deeds engraven on this stone, Tell frature ages what a hero's done. Full stateen battles be did fight. For to procure his country's right; Oh! thus, brave hero, he did fall By death, who ever conquers all. When this you see, remember me. - Litchfield Empuirer.

THE BIG TREES OF CALIFORNIA.-In your issue of April 21, you publish an article from the pen of your readable correspondent. L. Bartlett, on the ward portion of the hoof against the "Age of Big Trees in California," I neighboring fetlock joint, which action send you a few extracts from "Scenes is termed "cutting" or "interfering." of Wonder and Curiosity in Califor- I have tried the correction frequently,

esides these there were musicians and How to keep Crows from PCLLING UP

thickness,) measured twenty-five feet, the morning, you will find them in the and with the bark twenty-eight feet, field. Stick a pole in the ground and Think for a moment; the stump of a hang up the dead crows. If they go tree exceeding nine yards in diameter, off with the eggs, they won't come tree employed five men for twenty-two dead beside one egg. lays in felling it-not by chopping it down, but by boring it off with pump of the tree, and breadth of its base sustained it in its position. To accomin by the butts of trees, until at last, the noble monarch of the forest was forced to tremble and then to fall, after braving 'the battle and the breeze' of nearly three thousand years. This noble tree was three hundred and two feet in height, and ninety-six in circumference at the ground.

Again he says—"A short distance from the above lies the prostrate and majestic body of the 'Father of the Forest,' the largest tree of the whole group, half buried in the soil. This tree measured in circumference at the roots, one hundred and ten feet. It is two bundred feet to the first branch. By the trees that were broken off when this tree bowed its proud head in its fall, it is estimated when standing it could not be less than four hundred and thirty-five feet in height. Three hundred feet from the root, and where it was broken off by striking against another large tree, it is eighteen feet in diameter." Now taking Mr. Bartlett's figures.

which agree with Hutchings, let us figure the age of the "Father of the Forest." Its diameter must be thirtyfeet at its roots, and twenty grains to the inch would make it 4,000 two hundred years old, if I figure correctly. Country Gentleman.

works off and out of the system its ty possessed by oxychloride of zine, waste, dead, and effete matters; these which renders it superior to the plasare all converted into a liquid form, ter of Paris for coating the walls of called by some "humors" which have rooms. It is applied in the following exit from the body through the pores manner: A coat of oxide of zinc mixed of the skin, in the shape of perspira- with size, made up like a wash, is first tion, which all have and which all laid on the wall ceiling, or wainscot, know is the result of exercise, when the body is in a state of health. Thus it is that persons who do not perspire, way as the first wash. The oxide and who have a dry skin, are always either chloride effect an immediate combinafeverish or chilly, and are never well tion, and form a kind of cement, and never can be as long as that con- smooth and polished as glass, and posdition exists. So exercise, by working sessing the advantages of oil paint, pay a tribute of admiration to the ornaments in themselves, it will always be discounted from the respect due to Max people often think by such sediscounted from the respect due to the mind of the one who wears them.

I am perfectly aware that with many men the tendency to gandy color and the tendency to gandy color and splay is irrepressible. Perhaps it is well that such is the case, since it is a light of the discounted from the respect due to confided-in seldom fail, on reflection, but have sadly failed in the observance of it. And why have sometimes it is cold and raggedness, sometimes it is conclusive to their metto, but have sadly failed in the observance of it. And why have declared that the pure article of the kind in the observance of it. And why have the conflict (suppose I jostle or am jost the conflict (suppose

No. 12

ual cutting and shaving of the hair about seven feet in length is removed from a man in twenty-five years .--Some writers assert, that the practice of close cutting and shaving tends to weaken the body. Such writers draw arguments from Samson, who when all unshorn, slew several thousand Philistines with the jawbone of an ass.

"Interfering" of Horses.-A corresscription on the tablet on his grave is pondent of the Scientific American says: as follows: and wishes him cured, (which doubtless he does), permit me to say that if he will add twenty-five per cent. to the quantity of his food-supposing it to be good food, such as oats or corn-meal, hay, &c.—he will most probably cor-rect the evil. This is very simple; it may be expensive, but yet economical. Symptoms of fatigue, in either man or beast are nearly always first visible in the raising of the feet; and a horse of a certain formation about the shoulders and haunches will first exhibit and it has never failed me; but the "Let us first walk upon the big owner must not be content with the

Conn.-Take half a dozen eggs and "Across the solid wood of this stump, take the whites out. Put in a very five feet and a half from the ground, little strychnine, and set the eggs now the bark is removed, which was around in the corn field. If they get from fifteen to eighteen inches in it before they get anything to eat in and sound to the very centre. This back again. Three have been found

How to Stop Blood.-Take the fine angers. After the stem was fairly sev- dust of tea, or the scrapings of the inered from the stump, the uprightness side of tanned leather, and bind it close upon the wound, and blood will soon cease to flow. These articles are blish the feat of throwing if over, at all times accessable, and easy to be about two and a half days were spent obtained. After the blood has ceased to in inserting wedges and driving them flow, laudanum may be advantageously applied to the wound. Due regard to these instructions will save agitation of mind and running for the surgeon, who would probably make no better prescription if present.

PRESERVATION OF GUM AND STARCH Paste.—The paste made by gum tragacanth and gumarabic, which is so extensively used by the apothecaries of this country, acquires, particularly during the warm seasons, a very unpleasant and even offensive odor in consequence of fermentation, which soon commences on exposure to the air. Oil of cloves, alum, and other essential oils and salts are frequently added to counternet this tendency with but partial success, the volatile oils merely hiding to a certain degree the offensive odor developed, and retarding the fermentation incompletely. For some time past I have availed myself of the antiseptic property of creo-sote, which may be added to these pastes recently made, until its odor is faintly apparent. The result is their preservation, no offensive odor being disengaged, and their adhesiveness is not impaired by keeping for months. American Journal of Pharmacy.

CEMENT FOR ROOMS. -A recent inven-THE BENEFITS OF EXERCISE - Exer- tion by M. Sorel of Paris, is described cise is health-producing, because it to consist in the discovery of a properwithout its disadvantges of smell.

REMEDY FOR HIDE-BOUND HORSES .-